



GREAT INVENTIONS

SOCIAL MEDIA



Last week, an incredible thing happened. My childhood friend Elena, I hadn't talked to in years, contacted me through a social network. After a long time not knowing anything about her, thanks to modern technology, I have been able to talk to her and hear about her life. She married her high school boyfriend, lives in a beautiful house in Maryland, and just had twins.

It seems incredible, but thanks to this social network, I have been able to contact friends from my childhood that I hadn't spoken to in years.

Social networks have become a current phenomenon. They have become popular because they allow you to share a lot of information very fast, easily, and in a comfortable way.



Most users who use social networks:

- ⇒ share photos of the most shocking moments of their lives.
- ⇒ publish videos that show their hobbies, relatives, friends, political interests, etc.
- ⇒ write statements about how they are doing and what they are doing every minute.
- ⇒ chat with family and friends in real-time.

Although social networks have meant an advance in social relationships, **all that glitters is not gold**. After several studies and research, it has been discovered that many disadvantages also arise from social media.

There have been alarming cases where instead of uniting and strengthening relationships, relationships have been hurt. So much so, that some people have gone from relating face to face to not knowing how to relate if it is not through social networks.



Another common disorder that has attracted the most attention of experts is the fact that there are people who do not know how to live if they are not connected to social networks, causing them anxiety, anguish, and stress.



From my point of view, I think it is a useful resource to contact people from anywhere in the globe, but we must not forget that it is just a tool and that we can be away from it without feeling overwhelmed or anxious.

Some of the recommendations that experts give are:

- assess and keep track of how much time you spend on social media. If the time you use is excessive, take control over it.
- Do not be constantly checking your phone or tablet to see if something new was posted on a social media site. It isn't healthy, and you can use that time in other activities that add more to your enjoyment of life.
- Do not publish everything that happens in your life on social media. Keep somethings private about your life; be discreet.
- Do not publish personal data on social networks, such as phone numbers, home address, or bank cards. This data can easily be used by people with bad intentions.

If we put the pros and cons on a scale, we realize only half is good. You have to know how to use social media with intelligence and common sense.

What about you? Do you have or use any social networks?





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Answer the questions.

1. What does the expression **all that glitters is not gold** mean in the text?
 - a. Something may seem good at first, but when you look at it carefully, it isn't.
 - b. Something that shines a lot because it has the color of gold.
 - c. Something that is shared among friends on social networks.
 - d. Something with many photos and the status of the person who posts on social media.

2. What is the synonym for excessive?
 - a. little bit
 - b. a lot
 - c. sometimes
 - d. never



3. Why does social media have so many users?
 - a. It is difficult to use.
 - b. Most users are older people.
 - c. They have nothing better to do.
 - d. It is a social phenomenon.

4. Why do you think there are people hooked on social networks?

5. What part of the text explains the recommendations of the experts regarding the use of social networks?
 - a. the beginning
 - b. the middle
 - c. the end
 - d. does not say

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6. What is the main idea of the text?

- a. Social networks are bad and should be avoided because they cause anxiety and stress.
- b. Social networks are tools that allow contact with other people when used properly.
- c. Social networks are boring and people prefer to play football.
- d. Not many people use social networks so there is nothing to worry about.

7. After reading the story, it can be deduced that _____

- a. appropriate use of social networks helps communication between people.
- b. misuse of social networks can cause the person to suffer from disorders
- c. social media is a worldwide phenomenon affecting millions of users daily.
- d. All the answers are correct.

8. In the text, the word anxiety is directly related to _____.

- a. anguish and stress
- b. joy and tranquility
- c. sleep and indignation
- d. anger and sadness



9. If after reading the text, you realize that you are addicted to social media, you should do something to fix it, such as asking for help.

- a. True
- b. False

10. What can happen if I put my credit card number on social networks?

- a. Bad people can use it to buy things.
- b. My friends can talk to me.
- c. I can make a lot of money.
- d. I can post videos about my family.